

Heart Healthy Resources for Schools: Nutrition and Physical Activity Guide



Developed by the Schools Committee

Virginia
Healthy Pathways
Coalition

United Against Heart Disease and Stroke

Updated November 2007

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Introduction

This packet of resource materials was developed by the Schools Committee, which is one of the standing committees under the Virginia Healthy Pathways Coalition. The mission of the Virginia Healthy Pathways Coalition is to ***reduce the burden of cardiovascular disease in Virginia***. The Coalition was created through the Virginia Department of Health's Heart Disease and Stroke Prevention Project.

Schools Committee members work to promote the prevention of heart disease and stroke for staff, students and their families through the school setting. One of the committee's goals is to partner with schools in promoting physical activity and healthy nutritional practices. This resource packet provides information that will be helpful to school personnel, PTAs, and other community organizations in designing programs related to physical activity and healthy nutrition. Initially developed in 2006, the Resource Guide was updated in November 2007.

The Committee appreciates the review and contributions provided by members of the statewide coalition Virginia Action for Healthy Kids.

You can find the Guide online; please be sure to check for updates and let us know if you have resources to add:

- Health Smart Virginia: <http://healthsmartva.org>
- Virginia Action for Healthy Kids:
http://www.actionforhealthykids.org/state_profile.php?state=VA
- Virginia Comprehensive Health Education Training and Resource Center at Longwood University: <http://longwood.edu/vchetrc>
- Virginia Department of Education:
<http://www.pen.k12.va.us/VDOE/Instruction/PE/nutrition-pe-resources.pdf>

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GENERAL NUTRITION AND PHYSICAL ACTIVITY RESOURCES



These resources address general nutrition and physical activity topics.

Sources for Educational Materials

Alliance for a Healthier Generation

<http://www.healthiergeneration.org>

The **American Heart Association** and the **William J Clinton Foundation**, with major funding from the **Robert Wood Johnson Foundation**, have joined forces to form this alliance aimed at combating the spread of childhood obesity. The Alliance supports schools' efforts to develop a healthier environment that promotes better nutrition and increased physical activity for students and staff. This free program is available to all schools in the United States, and offers access to best practices implementers' guides, a resource database, integration tools, tips from experts across the nation and technical assistance from Alliance staff online and via phone. Schools also have the opportunity to be nationally recognized for their success in creating healthy school environments.

Phone 1-888-KID-HLTH or email Schools@HealthierGeneration.org

American Heart Association (AHA)

<http://www.americanheart.org>

The AHA is the premier organization for information and resources specific to heart health. Their website has information on diseases and conditions, resources and programs for getting active, as well as dietary recommendations for healthy hearts. Interactive tools like *MyStart! Online* and the *Go Red Heart CheckUp* make it easy for individuals to identify their risk factors and stay motivated to make healthy lifestyle changes.

The Body Positive, <http://www.thebodypositive.org/>

While overweight is a growing concern among our youth, body image is also critical. The Body Positive has created a number of materials and videos to address body image in a sensitive manner.

Bright Futures: <http://www.brightfutures.org/>

This national health promotion initiative is dedicated to the principle that every child deserves to be healthy and that optimal health involves a trusting relationship between the health professional, the child, the family, and the community as partners in health practice. This initiative is considered to be the standard for health care for children 0-21 in Virginia: <http://www.vahealth.org/brightfutures/index.asp>

Bright Futures in Practice: Nutrition is available in pdf format:

<http://www.brightfutures.org/nutrition/pdf/index.html>

Bright Futures in Practice: Physical Activity can be purchased or viewed as a pdf file:

<http://www.brightfutures.org/physicalactivity/about.htm>

Centers for Disease Control and Prevention (CDC)

<http://www.cdc.gov>

The CDC is one of the major operating components of the [Department of Health and Human Services](#). CDC's Mission is "To promote health and quality of life by preventing and controlling disease, injury, and disability." CDC's Vision for the 21st Century is "Healthy People in a Healthy World—Through Prevention". Their website contains health information on numerous topics, including historical trend research on overweight and school health programs.

<http://www.cdc.gov/education> provides information specific to educators on a variety of topics pertaining to nutrition, physical activity and health promotion.

Dietary Guidelines for Americans 2005:

<http://www.healthierus.gov/dietaryguidelines/index.html>

These guidelines form the basis of dietary recommendations for federal food assistance and nutrition programs. Revised every five years, the Dietary Guidelines incorporate recent research into action-based recommendations for the US population.

Go Healthy Challenge, part of the Alliance for a Healthier Generation

<http://www.igohugo.org>

Children can find tools and information online to give them ideas for eating better and moving more, plug into the national movement of kids who are "*Going healthy*," participate in activities, and share how they are making a difference with others.

Healthy Virginians Initiative:

<http://www.healthyvirginians.virginia.gov/students/index.cfm>

This program was launched in part because schools must play an active role in addressing the childhood obesity epidemic. The Healthy Virginians initiative advocates for a healthy school environment, one where learning is supported by good nutrition and increased physical activity, as an essential component to the success of Virginia's students.

The Governor's Nutrition and Physical Activity Scorecard recognizes and rewards schools for encouraging healthy habits. Points are awarded according to their implementation of best practices, including:

- Providing a minimum of 30 minutes daily recess that promotes physical activity;
- Encouraging middle and high school students to design their own individualized exercise plans;
- Creating school and community-based Fitness or Nutrition Nights;
- Allowing only foods which meet minimum nutritional standards to be provided or sold during the school day and selling only 100% fruit juice, water, or low-fat milk.

Schools earn points by completing the scorecard and - if their scores qualify them - they receive a Gold, Silver, or Bronze award for exemplary health practices.

Local School Wellness Policy: <http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

Congress passed a law that required each local educational agency participating the National School Lunch Act or the Child Nutrition Act of 1966 to establish a local school wellness policy by School Year 2006. While the legislation places the responsibility of developing a wellness policy at the local level, school districts are required to set goals for nutrition education, physical activity, campus food provision, and other school-based activities designed to promote student wellness. Districts are required to involve a broad group of individuals in policy development and to have a plan for measuring policy implementation. This site provides information on the Local Wellness Policy. Sample policies and reference materials are provided to help school districts as they develop their own wellness policies.

Lunch Well. Choose Well: www.anthem.com/lunchwell

This simple nutrition program focuses on helping people make the best food choices no matter where their lunch comes from—home, a restaurant, drive-through, cafeteria or convenience store. *Lunch Well* gives practical tips on how to include a tasty variety from the basic food groups that are nutritious, filling and portioned correctly without measuring. The website includes numerous tip sheets, a lunch planning guide and a lunch tracker.

My Pyramid: <http://www.mypyramid.gov>

This guide to healthy eating offers individualized pyramids and dietary recommendations for healthy individuals, based on age, gender, and activity level.

My Pyramid for Kids: <http://www.mypyramid.gov/kids/index.html>

This website offers a multitude of information on nutrition and physical activity, including classroom materials for teachers on nutrition for children ages 6-11. There are also links to *Blast Off*, an interactive computer program for children on nutrition and physical activity, as well as dietary and physical activity trackers.

Team Nutrition website: www.teamnutrition.usda.gov

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. Team Nutrition's Goal is to improve children's lifelong eating and physical activity habits by using the principles of the [*Dietary Guidelines for Americans*](#) and [*MyPyramid*](#).

Two helpful resources are

- "The Power of Choice," geared to adolescents:
http://www.fns.usda.gov/tn/Resources/power_of_choice.html
- Eat Smart, Play Hard: <http://www.fns.usda.gov/eatsmartplayhardkids>

The USDA's Center for Food Safety and Applied Nutrition offers **How to Understand and Use the Nutrition Facts Food Label**:

<http://www.cfsan.fda.gov/~dms/foodlab.html>

This website contains helpful information that makes it easier for people to use nutrition labels to make quick, informed food choices that contribute to a healthy diet.

United States Department of Agriculture (USDA)

<http://www.usda.gov/wps/portal/usdahome>

The USDA's mission is to provide leadership on food, agriculture, natural resources and related issues based on sound public policy, the best available science, and efficient management. There are numerous areas of interest on USDA's website, including:

Nutrition.gov, <http://www.nutrition.gov>

This site provides easy, online access to governmental information on food and nutrition for consumers. It contains plentiful information on nutrition, such as Smart Nutrition 101, weight management, dietary supplements, popular diets, and food safety, and even contains some Spanish materials.

Virginia Action for Healthy Kids Resource Guide for Teachers:

<http://www.ext.vt.edu/actionforhealthykids/resourceguide/resourceguide.html>

Virginia Action for Healthy Kids created a curriculum resource guide that integrates nutrition and physical activity resources with the Virginia Standards of Learning for kindergarten through grade 10.

Resources for Locating a Registered Dietitian

Registered dietitians (RD) and dietetic technicians registered (DTR) are academically prepared and professionally trained college graduates who specialize in nutritional health for people of all ages. Contact the following organizations for assistance:

The American Dietetic Association

www.eatright.org Locate a Nutrition Professional by zip code or practice area and find tips and fact sheets on a variety of nutrition topics.

Following is a list of **school divisions with Registered Dietitians (RDs) or Dietetic Technician, Registered (DTRs) on staff**. When calling a school division, ask for a Registered Dietitian.

Alexandria City	703-824-6640
Arlington County	703-228-6130
Charlottesville City	434-245-2422
Chesapeake City	757-547-1470
Chesterfield County	804-743-3717
Fairfax County	703-813-4800
Fauquier County	540-428-4451
Greene County	434-985-2433
Hampton City	757-727-2358
Hanover County	804-365-4566
Harrisonburg City	540-434-2750
Newport News City	757-881-5030
Portsmouth City	757-393-8366
Prince William County	703-791-7314
Richmond City	804-780-216
Rockingham County	540-434-7783
Spotsylvania County	540-834-2500 x1145
Virginia Beach City	757-263-1101
Williamsburg James City	757-565-1616

Southeast United Dairy Industry Association (SUDIA)

www.southeastdairy.org

In most areas of Virginia, the contact person is Kristin Brittle: KBrittle@sudiainc.com
Phone: (888) 779-7022; Mobile (804) 201-3941; Fax: (703) 880-7339

In southwest Virginia, contact Jill Henderson, RD: jhenderson@sudiainc.com
Phone: (866) 841-8239; Mobile: (678) 628-2361; Fax: (276) 944-4325:

Virginia Colleges/Universities that offer Dietetics Programs. These programs often have students who available to provide nutrition programs for schools at little or no cost.

Universities with Dietetics Program

Virginia Polytechnic Institute and State University - Blacksburg, VA

Susan Clark, PhD, RD

540/231-8768

www.hnfe.vt.edu

James Madison University - Harrisonburg, VA

Janet W Gloeckner, PhD, RD

540/568-7084

www.jmu.edu/dietetics

Norfolk State University, Food Science and Nutrition Program - Norfolk, VA

Jill E Comess, MS, RD

757/823-8216

www.nsu.edu/alliedhealth/foodscience

Virginia State University, Department of Agriculture and Human Ecology

Petersburg, VA

Paula F Inserra, PhD, RD

804/524-5729

www.vsu.edu/pages/770.asp

Radford University, Food and Nutrition Program - Radford, VA

Mary J Miller, MS, RD

540/831-7680

www.radford.edu/~fdsn-web

Dietetic Internship Programs

Virginia Commonwealth University Health System - Richmond, VA

Ann E Robbins, MS, RD

804/828-9108

www.vcuhealth.org/dietetic

Virginia Department of Health - Richmond, VA

Kathleen M. Sargent, MA, RD

804/864-7832

www.vahealth.org/wic/diet.htm

University of Virginia Health System
Department of Nutrition Services - Charlottesville, VA
Ana R Abad-Jorge, MS, RD, CNSD
434/924-2348
www.healthsystem.virginia.edu/internet/dietetics

Virginia Cooperative Extension

www.ext.vt.edu

Locate a local Family and Consumer Sciences Extension Agent or 4H Agent in your county by clicking on "local extension offices." Many Family and Consumer Sciences Extension Agents offer programs and resources in food, nutrition and health. Fact sheets are also available online under "educational programs and resources."

Virginia Dietetic Association

www.eatright-va.org

Email: vdahdqtrs@aol.com

Telephone: (703) 815-8293

Southwester Region

Blue Ridge Region

Northern Region

Richmond Region

Tidewater Region

District Finder list allows you to select the correct local dietetic association



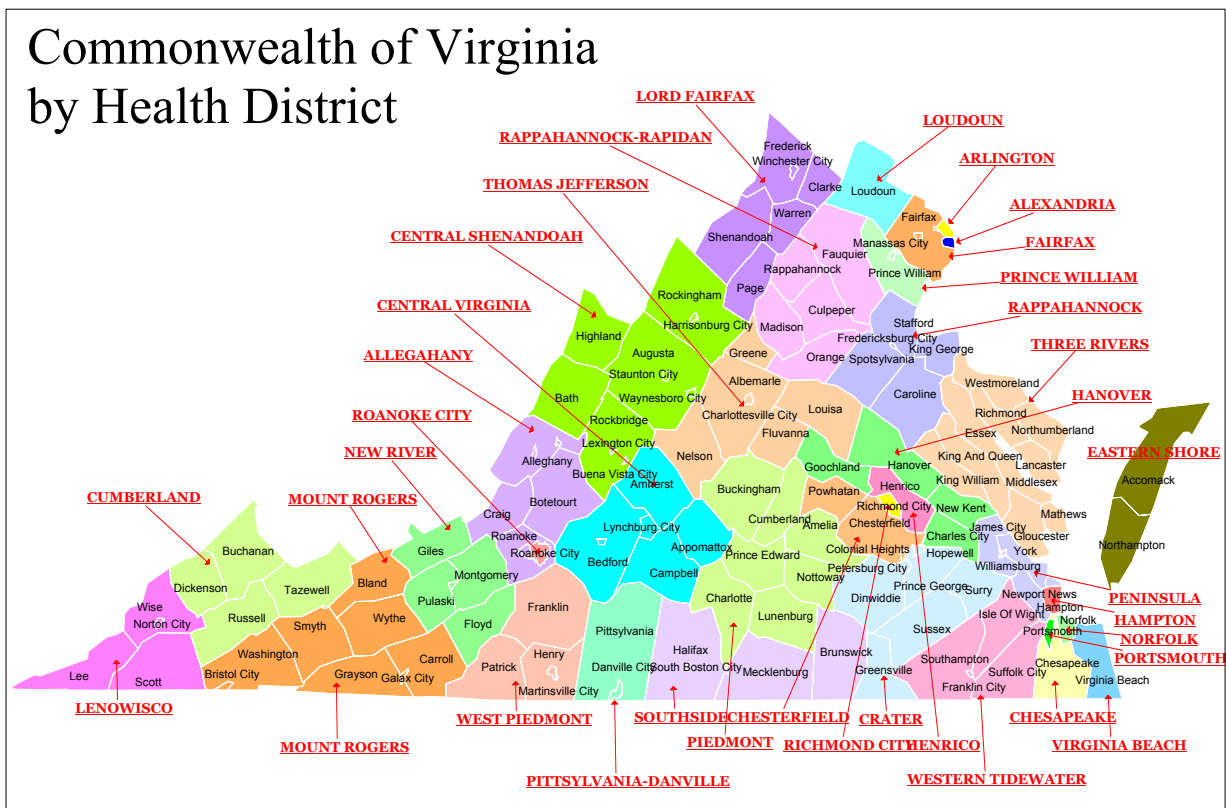
Virginia Department of Education

<http://www.pen.k12.va.us>

The School Nutrition Program Division is able to direct inquiries to the appropriate local school staff. Phone 804-225-2074 and ask for the school division's specialist. You may also search local school division's web pages. Many links are provided on the webpage under "educational directory."

Virginia Department of Health's local health district

www.vdh.state.va.us/LHD/LocalHealthDistricts.asp has a list of local district phone numbers. Each district has at least one RD or nutritionist.



Other Resources

Farmer's Market in Virginia

www.ams.usda.gov/farmersmarkets/States/Virginia.htm#R

Grocery store chain. Some grocery stores employ RDs on staff and some offer grocery store tours for kids. For example:

Wegman's: www.wegmans.com/eatWellLiveWell 3 RDs on staff

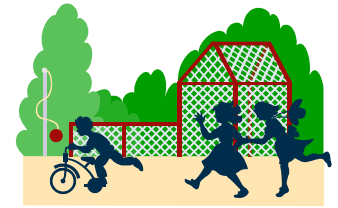
Ukrop's: www.ukrops.com/health/nut_counsel1.asp RDs on staff

Giant: www.giantfood.com/wellness/school_tours.htm

Kroger: Call 866-632-6900 to speak with a RD

Hospitals. Contact your local hospital, as most employ at least one RD who will direct your inquiry to a qualified professional.

PHYSICAL ACTIVITY RESOURCES



Activities for Before and After School

The following resources are types of physical activity that students can participate in before or after school; many can be incorporated into classroom activities and/or physical education class. Some of these incorporate a nutrition component as well.

Bike Smart Virginia! promotes bike safety and cycling as a lifelong physical activity for Virginia students. *Bike Smart Basics* is a two-day, 12-hour, hands-on training focused on teaching bicycle safety and bicycle maintenance.

Contact: Heather Board at 804-864-7738 or at Heather.Board@vdh.virginia.gov.

Girls on the Run International: www.girlsontherun.org

This non-profit program encourages preteen girls to develop self-respect and healthy lifestyles through running. Over 120 GOTR councils across the US and Canada provide volunteers who serve as role models to girls through coaching a 12-week, 24-lesson curriculum delivered through after-school programs and recreation centers. GOTRI Programs in Virginia include:

Richmond - Chalkley Elementary School

Melanie Bean mkbean@vcu.edu and Sara Metzler sara_metzler@ccpsnet.net
804.512.5478

Williamsburg - Clara Byrd Baker Elementary School

Lesley Johnson Henderson tarheelgrad99@yahoo.com
and Mindy Thompson thompsonm@wjcc.k12.va.us
757.220.5343

Hampton Roads

Susan Tweed SATWEED@sentara.com and Jill Layne jillhlayne@cox.net
757.455.7236

Lynchburg - Holy Cross Regional Catholic School

Mary Hansen mhansen@centralva.net
434.946.5164

Northern Virginia

Jenn Brown jenn@girlsontherunofnova.org
703.273.3153

Southwest Virginia

Rebecca Buchanan rbuchanan@ehc.edu
276.944.4258

Jump Rope for Heart

<http://www.americanheart.org>

This program, sponsored by the American Heart Association, promotes the value of physical activity to elementary school children while helping them contribute to their community's welfare. By jumping rope and securing sponsors, students raise money for the fight against heart disease and stroke and learn about the seriousness of these diseases, the lifelong benefits of physical activity and the benefits a heart-healthy lifestyle.

KidsWalk-to-School: <http://www.cdc.gov/nccdphp/dnpa/kidswalk/>

This community-based program aims to increase opportunities for daily physical activity by encouraging children to walk to and from school in groups accompanied by adults. The program advocates for communities to build partnerships with the school, PTA, civic associations, local politicians, businesses and other community groups to create an environment that is supportive of walking and bicycling to school safely.

Contact: Nutrition and Physical Activity Program, National Center for Chronic Disease Prevention and Health Promotion, Phone (770) 488-5820

Media-Smart Youth: Eat, Think, and Be Active! <http://www.nichd.nih.gov/msy/>

This interactive after-school education program for young people ages 11 to 13 is designed to help teach them about the complex media world around them, and how it can affect their health--especially in the areas of nutrition and physical activity.

MyPyramid Blast Off Game: <http://www.mypyramid.gov/kids/index.html>

An interactive computer game where kids can reach Planet Power by fueling their rocket with food and physical activity. "Fuel" tanks for each food group help students keep track of how their choices fit into MyPyramid.

The Power of Choice: Helping Youth Make Healthy Eating and

Fitness Decisions: http://www.fns.usda.gov/tn/Resources/power_of_choice.html

This program is intended for after-school program leaders working with young adolescents. The Leaders' Guide is full of quick, simple things to do with kids, including a recipe booklet, parent letter, and Nutrition Facts cards. A CD containing 10 interactive sessions contains additional activities, tips for improved communication with adolescents, a training video for the adult leaders, and a song for pre-teens.

Safe Routes to Schools: <http://www.saferoutesinfo.org>

Community leaders, parents and students across the U.S. are using Safe Routes to School programs to encourage and enable more children to safely walk and bike to school. The National Center for Safe Routes to Schools helps communities develop successful Safe Routes programs and strategies, offers resources and case studies of successful programs.

Virginia's Safe Routes to School Program:

www.bikewalkvirginia.org/programs/saferoutes.htm

Sports 4 Kids: <http://www.sports4kids.org/whoweare.html>

Sports4Kids supports and creates youth sports and recreational opportunities to enhance the health and well-being of youth and communities, and works with local elementary schools to provide sports programming both during school and after school. Programs emphasize skill-based (as opposed to competitive) sports activities to help kids of all ages and abilities learn basic athletic skills, gain body awareness, build self-esteem and confidence, develop social skills and make friends.

Sports, Play, and Active Recreation for Kids (SPARK)

<http://www.sparkpe.org>

SPARK is an effective health-related physical education program for elementary school children. The program is inclusive, noncompetitive, and non-gender-specific, with instructional units designed to be implemented by education specialists and classroom teachers. The programs promote physical activity during the school day and teach children how to be active outside of school.

Walking and Bicycling to School: Community Presentation

<http://www.cdc.gov/nccdphp/dnpa/kidswalk/resources.htm>

Information in this PowerPoint slide presentation (2.25 Mb) may be presented to a neighborhood, school, or community to increase knowledge and interest in participating in a Walk & Bicycle to School program.

The Walking School Bus: <http://www.walkingbus.org/index.html>

A walking school bus provides children with a safe and healthy mode of transportation to school. The designated adult supervisor "picks up" each student, house by house, on foot. Groups of students walk to school together along a set route, all the while enjoying fresh air, exercise and friendly conversation.

Active Learning Resources

Here are some ideas and resources to increase physical activity for students while in the classroom:

Action Based Learning: <http://www.actionbasedlearning.com>

This is an educational consulting firm led by [Jean Blaydes Madigan](#), an internationally known Neurokinesiologist. Jean's dynamic presentations cite brain research findings that support and demonstrate the importance of movement in the learning process by teaching academics kinesthetically. The website has numerous resources, including information on an Action Based Learning Lab.

Dance Dance Revolution Games: <http://www.ddrgame.com>

This website offers numerous resources to make exercise fun for young people. There are a variety of dance, dance revolution pads and other games; some plug directly into the television. Awesome Ping Pong, an interactive revolution game that requires no Play Station 2 or console, can be a great adaptive activity for children in a wheelchair.



Energizers: <http://www.ncpe4me.com/energizers.html>

These classroom-based physical activities, developed by the North Carolina Department of Education, integrate physical activity with academic concepts. Free download and laminated versions are available from the site. Classroom teachers in grades K-5 can incorporate teaching academic content into 10 minute fun physical activities in the room!

Learning in Motion <http://www.longwood.edu/staff/colvinay/>

These resources are for classroom teachers to use during his/her classroom time. Materials are developed to incorporate movement into the Virginia Math, English, and Science Standards of Learning in grades K-5. Contact: Vonnie Colvin, Ed. D., Department of Health, Recreation, and Kinesiology, Longwood University, 434-395-2452

Lewis and Clark Fitness Challenge Tool Kit

<http://www.opi.state.mt.us/schoolfood/L&CFitness.html>

This resource motivates children, teachers and families to eat well and be more active while learning about the Lewis and Clark Expedition through Montana. Geared toward 4th and 5th graders, the tool kit contains everything you need to conduct a Lewis and Clark Fitness Challenge, including lesson plans, nutrition and fitness information, handouts for school staff and parents, promotional materials, supporting resources.

TAKE 10! www.take10.net

This classroom-based physical activity program for elementary grade students integrates academic learning objectives into key academic curriculum subjects. TAKE 10! promotes regular physical activity among student in the classroom by helping teachers incorporate 10-minute breaks for moderate to vigorous physical activity into the school day.

Contact: ILSI Center for Health Promotion, Physical Activity and Nutrition Program; Phone 202-659-0074 or email TAKE10@isli.org

Walk Smart, Active Schools! - www.walksmartactiveschools.com

This innovative, web-based walking program gives students a fun way to increase daily physical activity - both inside and outside the classroom - and groups can subscribe as a class, an entire school, a district or statewide. The program offers a variety of online walks with educational milestones, dynamic maps, and incentives. Students log steps daily toward an activity goal using a pedometer and learn about geography, history and social studies along the way.

Recess Resources

This section provides information about making the case for recess, provides activity ideas, and offers guidance for playground safety.

Making the Case for Recess: Position Paper

Recess And The Importance Of Play:

A Position Statement on Young Children and Recess; National Association of Early Childhood Specialists in State Departments of Education

<http://naecs.crc.uiuc.edu/position/recessplay.html>
naecs.crc.uiuc.edu/position/recessplay.pdf

This resource describes the rationale and numerous benefits of recess; a summary of the document follows.

Position

The National Association of Early Childhood Specialists in State Departments of Education takes the position that recess is an essential component of education and that preschool and elementary school children must have the opportunity to participate in regular periods of active, free play with peers.

Recess

The term recess refers to a break during the day set aside to allow children the time for active, free play. Schools vary in the number of recess periods given children each day, the length of the periods, and the environments available. Typically recess occurs outdoors and in a designated play area. During inclement weather, schools may have recess periods in a game room, gymnasium, or inside the classroom.

Rationale

An alarming trend toward the elimination of recess during the school day is affecting many school districts throughout the United States. This policy is being implemented with the advent of increased school accountability and student testing procedures, and the belief that time could be better spent on academics. This disturbing phenomenon has no serious research to back it up, and is actually counterproductive to increasing the academic achievements of students (Skrupskelis, 2000). Professional organizations, educators, administrators, teachers, and parents are becoming increasingly concerned with this present trend.

Benefits to children

During the period of time commonly referred to as recess, learning occurs in ways not possible inside the regular classroom. An increasing body of research continues to indicate the benefits of unstructured play and specifically outdoor play for young children.

The National Association for the Education of Young Children (NAEYC) describes unstructured physical play as a developmentally appropriate outlet for reducing stress in children. This period of time allows children the opportunity to make choices, plan, and expand their creativity.

In allowing a mental change and release of energy, recess may facilitate subsequent attention to more academic tasks and minimize disruptive behavior once students return to the classroom; recess, therefore, becomes an important element of classroom management and behavior guidance (Bogden & Vega-Matos, 2000).

Recess contributes significantly to the physical, social, emotional, and cognitive (intellectual) development of the young child (Clements, 2001).

Making the Case for Recess: Articles

Back to School -- Recess and P.E. Critical to Success

<http://www.terrawellington.com/Column2004/072904.htm>

This article supports the need for both recess and physical education in schools and lists these resources to help parents or other advocates:

Get Charged -- www.getcharged.com

Peaceful Playgrounds -- www.peacefulplaygrounds.com

PE2GO -- www.sparkpe.org or www.nikego.com

PE4Life -- www.pe4life.com

The Hidden Epidemic: Childhood Obesity Understanding It & Preventing It Through Physical Activity & Nutrition

http://www.apha.org/ppp/child_ob/teachers.htm

A listing of resources on best practices and related information for schools and teachers from the American Public Health Association; includes section on recess.

No Recess for Recess by Larry Silver, M.D.

http://www.additudemag.com/experts.asp?DEPT_NO=303&ARTICLE_NO=15&ARCV=1

Recess is even more important for students with AD/HD. For them, recess is an essential activity. Physical activity is healthy and relaxing, and provides focus and clarity of mind.

Recess Backlash: Parents say it pays to play

By Kris Axtman | Staff writer of The Christian Science Monitor

<http://www.csmonitor.com/2004/1116/p03s01-ussc.html?s=hns>

Experts say recess helps children learn better - and teaches social lessons. Many schools have cut recess, but face pressure to restore it. This article gives an example of parents advocating for recess.

Recess In Elementary Schools

http://www.aahperd.org/naspe/pdf_files/pos_papers/current_res.pdf

This position paper from the National Association for Sport and Physical Education provides support for recess, while separate and distinct from physical education, as an essential component of the total educational experience for elementary aged children. It provides specific recommendations from the Council on Physical Education for Children.

Recess in Elementary School: What Does the Research Say? ERIC Digest.

by Olga S. Jarrett.

<http://www.ericdigests.org/2003-2/recess.html>

The available research suggests that recess can play an important role in the learning, social development, and health of elementary school children. While there are arguments against recess, no research clearly supports not having recess. However, more research is needed to determine the current percentage of schools that have abolished recess and assess the effect of no- recess policies on student test scores, attitudes, and behaviors.

Recess Is 'In Recess' As Schools Cut Child's Play

<http://www.eagleforum.org/educate/2001/oct01/recess.shtml>

Rebecca Lamphere, a mother in Virginia Beach, Virginia, waged a two-year battle to reinstate recess at her daughter's elementary school. Lamphere's crusade received media attention and resulted in the Virginia Beach public schools mandating "daily, unstructured recess" in April 2000. When news of her victory spread, the state of Virginia followed suit four months later, mandating recess for all public elementary school students

Schools Taking Breaks from Recess

<http://cnnstudentnews.cnn.com/2001/fyi/teachers.ednews/05/15/recess.ap/>

This article from 2001 discusses parents' concerns about recessing being eliminated and stresses the benefits of recess. In Virginia, fears that tough new state standards were driving schools to cut recess prompted the state school board to write "a daily recess" into its accreditation standards.

Timing of Recess and Activity Ideas

Tips and Tools to Promote Physical Education and Physical Activity:

<http://www.tn.fcs.msue.msu.edu/physicalactivity.html#recess>

This resource was developed by Michigan Action for Healthy Kids to help schools implement the Quality Physical Education Policy passed by the Michigan State Board of Education. It includes links to up-to-date, research-based information on programs, resources, curricula and policies that support and promote physical education. The section addressing recess covers these topics:

- Recess before lunch: Scheduling recess before lunch gives students the opportunity to play first, and then enjoy a nutritious lunch in a relaxed environment, resulting in improved behavior and learning.

Find everything you need to establish a recess before lunch program including how to implement, resources, supporting information, educational and marketing materials.

www.opi.state.mt.us/schoolfood/index.html

- Indoor recess activities, in areas such as vacant classrooms, utility or all purpose rooms, gymnasiums or hallways, include:
 - ☐ Activities with balloons or foam balls
 - ☐ Hall stations
 - ☐ Hall walking
 - ☐ Play music and make up dance moves
- Outdoor recess safety: The National Program for Playground Safety (NPPS) has designated four elements for a safe play environment: 1) supervision, 2) age-appropriate design, 3) fall surfacing, and 4) equipment maintenance. When children are on the playground, there should be adequate adult active supervision, meaning that adults must be able to see all children at all times to observe their behavior patterns and intervene when unsafe play occurs.
- Structured recess ideas:
 - ☐ Have assorted activities on the blacktop such as hop scotch, jump rope, and four square.
 - ☐ Play a large group activity with everyone involved such as volleyball and kickball.
 - ☐ Have several activities set up. Assign groups of students to each activity and let them rotate activities after a few minutes.
 - ☐ Have one large individual event in a designated area such as class walks or runs.
- Feelin' Good Mileage Club: www.fitnessfinders.net
- PE Central Pedometer site: www.pecentral.org/pedometry/index.html
- 28 million footsteps across America Challenge:
www.creativewalking.com/school.html

Additional Resources for Recess Activities

Elementary Teacher's Handbook of Indoor and Outdoor Games, by Art Kamiya, 1985, West Nyack, NY: Parker Publishing Company.

Great Big Book of Children's Games by Debra Wise, 2003, New York, NY: Grand Central Press.

Improving the Quality of Recess by Nevada Bromley

http://www.responsiveclassroom.org/newsletter/12_1NL_1.asp

This article includes an expert from a book on school reform, *Time to Teach, Time to Learn: Changing the Pace of School*, in which Chip Wood (co-founder of Northeast Foundation for Children) offers the following recommendations to administrators and teachers working to improve the quality of recess in their schools:

- Prior to the beginning of school, provide playground training for teachers, paraprofessionals, and others (including the school nurse) who will have important roles to play at and around recess. Then use the first two weeks of school recess to model, practice, and reinforce games, rules, and ways of playing together.
- Second, require that your physical education teachers teach playground games as their first academic unit at the beginning of the year. Give physical education teachers supervisory authority and hold them accountable as part of their teaching duties for the nature and quality of the playground/recess experience for children.
- Finally, if at all possible, restructure the middle of the day so that recess comes before, rather than after, lunch. It makes more sense that children would first work up an appetite through exercise and then come in to eat rather than the other way around.

Schools that have taken these recommendations to heart have seen many positive results, from fewer playground discipline referrals and reduced injury reports from the nurse's office to an increase in cooperative play and, ultimately, more time for academic learning.

The Picture Rulebook of Kid's Games by Roxanne Henderson, 1996, Chicago, IL: Contemporary Books.

The Ultimate Playground & Recess Game Book by Guy Bailey, 2001, Camas, WA: Educator's Press

Playground Safety

National Program for Playground Safety

www.playgroundsafety.org

NPPS is the leader in research, training and development of S.A.F.E. play areas and has developed a comprehensive clearinghouse of outdoor play areas and safety information and resources.

Playground safety is a complex issue. The National Action Plan is based on four goals that provide the foundation for playground safety. These goals are to:

1. **Supervision:** Provide proper supervision of children on playgrounds
2. **Age Appropriate Design:** Select age-appropriate equipment and play areas for different age groups.
3. **Fall Surfacing:** Provide proper surfacing under and around playgrounds, and
4. **Equipment Maintenance:** Inspect and properly maintain playgrounds.

U.S. Consumer Product Safety Commission

www.cpsc.gov

Download the Handbook for Public Playground Safety, Public Playground Safety Checklist and other Playground Safety publications at this site.

Virginia Department of Health's Playground Safety Resources

www.vahealth.org/civp/topics/playground.asp

VDH's Division of Injury & Violence Prevention provides information on S.A.F.E. playgrounds as well as playground safety training for schools and communities.

Physical Activity For Students With Disabilities

The following resources provide guidance on the inclusion of children with disabilities in physical education at schools.

Policy

Health, Mental Health and Safety Guidelines for Schools

<http://www.nationalguidelines.org/guideline.cfm?guideNum=3-03>

Including Students with Disabilities in Physical Education (2004); April Tripp, Cindy Piletic, and Garth Babcock (Editors).

<http://member.aahperd.org/>

This position statement addresses the increased emphasis on the participation of children with disabilities in the general curriculum. It was developed by a team of professionals from the Adapted Physical Activity Council for the American Association for Active Lifestyles and Fitness (AAALF) and endorsed by the National Association for Sport and Physical Education (NASPE).

Model Local School Wellness Policies on Nutrition and Physical Activity (2005) from the National Alliance for Nutrition and Activity (NANA)

<http://www.schoolwellnesspolicies.org/resources/NANAWellnessPolicies.pdf>

Physical Education for Infants, Children, and Youth with Disabilities: A Position Statement (2003), Adapted Physical Activity Council of the American Association for Active Lifestyles and Fitness (AAALF)

http://www.aahperd.org/aaalf/pdf_files/pos_papers/APApositionstmtInfantsetc.rtf

A Position Statement on Including Students with Disabilities in Physical Education (2004), Adapted Physical Activity Council of the American Association for Active Lifestyles and Fitness (AAALF)

http://www.aahperd.org/aaalf/pdf_files/pos_papers/inclusion_position.pdf

Resources for Activities

Activity for Everyone: Children of All Abilities in a Regular Physical Activity Program, 2nd Edition (2005) by Deborah Randazzo and Kris Corless from the American Association for Physical Activity and Recreation (AAPAR) of the American Alliance for Health, Physical Education, Recreation, and Dance.

The book offers a menu of performance objectives reflecting modifications and compatible rubrics for evaluating student performance. It is a "how to" manual, providing regular education teachers-physical education, recreation and classroom-simple ways to modify activities for people with and without disabilities. The text follows a K-12 Physical Education Curriculum and a Park District Sports Curriculum; spiral bound for easy use:

<http://member.aahperd.org>

Other books from the American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) aimed at helping students with disabilities are listed on this website:

<http://member.aahperd.org/Template.cfm?Template=Categorydisplay.cfm&category=5&ParentCategoryID=1§ion=1>

Activity Ideas for Students with Severe, Profound, or Multiple Disabilities

<http://www.palaestra.com/featurestory.html>

Adaptations for Physical Activities

<http://www.pecentral.org/adapted/adaptedactivities.html>

Integration, Inclusion and Transition in Adapted Physical Activity (Special issue) of the *Adapted Physical Activity Quarterly Journal*, (2000), Volume 17(2).

<http://www.humankinetics.com/products/showproduct.cfm?isbn=9780736031172>

PE Links 3 U: Adapted Physical Education

<http://www.pelinks4u.org/sections/adapted/adapted.htm>

Practicum in Adapted Physical Activity (2005), by Claudia Emes, Human Kinetics.

<http://www.humankinetics.com/products/showproduct.cfm?isbn=9780736045612>

The President's Challenge: Accommodating Students with Disabilities

<http://www.presidentschallenge.org/educators/disabilities.aspx>

Working with Paraeducators in the Physical Education Program

<http://www.pecentral.org/adapted/paraeducators.html>

RESOURCES FOR FAMILIES

Healthy Eating & Physical Activity Across Your Lifespan

<http://win.niddk.nih.gov/publications/child.htm>

The Weight-Control Information Network (WIN) offers "*Helping Your Child: Tips for Parents*", with numerous resources that encourage parents to take an active role in helping their children learn healthy eating and physical activity habits. For example, parents can set a good example by eating a variety of nutritious foods, going for a walk or bike ride after dinner instead of watching TV, and playing ball or jumping rope with their children.

Parents with children in school can also find out more about the school's breakfast and lunch programs, help their child pack a lunch that includes a variety of foods, and get involved in the PTA to support physical education and after-school sports. When parents help their children be aware of peer and media pressures, youngsters are more likely to make healthy choices outside the home.

Healthy Habits for Healthy Kids: A Nutrition and Activity Guide for Parents

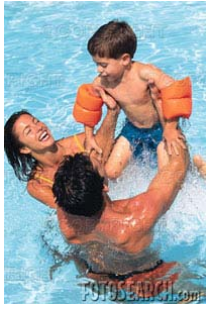
http://www.wellpoint.com/healthy_parenting/index.html/

Healthy eating and physical activity don't become habits overnight. It takes time and effort to make them part of a daily routine. This guide tells you where to start and what you can do at home to help your child. It talks about the important role of family, realistic goals, nutrition and physical activity. The recommendations in this guide are targeted toward healthy weight for children ages 4-12.

We Can! (Ways to Enhance Children's Activity & Nutrition)

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm>

This national program designed as a one-stop resource for parents and caregivers interested in practical tools to help children 8-13 years old stay at a healthy weight. Tips and fun activities focus on *three* critical behaviors: *improved* food choices, *increased* physical activity and *reduced* screen time.



Ideas for Fun Family Fitness

Build healthy habits and make exercise fun by doing it as a family. Below are some ideas for some family fun and fitness.



Explore your state and local parks:

- Venture beyond the playground and explore the bike and walking trails.
- When taking a nature hike, let children bring their own "adventure pack". Include things like a magnifying glass, flashlight, disposable camera, container for the treasures they find, a healthy snack, and plenty of water.

Try sports that you can do as a family.

- Try playing tennis, or golf. Many areas have a 9-hole golf course, which cater to children and families.
- Go to the local driving range or putt-putt golf course.
- Swimming is a great family exercise. While at the pool include games such as relay races, or use diving toys, which encourage increased activity.

Include children in your daily workout. Children who see their parents make exercise a priority, will also view it as a priority.

- Take short walks or jogs in the neighborhood together.
- Let children ride a bike or roller blade while you walk or jog.
- Take advantage of family aerobics type classes offered at many gyms.
- Go to the track at the local school. Children can walk or run every other lap, or play along the edge of the track and still be supervised.

Organize some backyard fun.

- Set up an obstacle course, which includes a variety of activities such as jumping rope, crawling, running, climbing, etc.
- Plan a family soccer, basketball, kickball, volleyball, or softball game.
- Do relay races, and try to improve your team's time.

Make it a routine:

- Keep a log of your progress.
- Have children earn a sticker each day they exercise.
- Have a competition to see who gets the most stickers for the week or month.

Always check with your doctor before starting any exercise program.

COMMUNITY PARTNERSHIPS

The following list provides some suggestions of both specific programs and types of organizations that could assist with physical activity for students.

National/Regional Resources

Alliance for a Healthier Generation: www.HealthierGeneration.org

The American Heart Association and the William J. Clinton Foundation formed the Alliance for a Healthier Generation to combat the spread of childhood obesity and the serious diseases associated with it such as heart disease and diabetes. The Alliance is taking a comprehensive approach to stop the increase in childhood obesity by 2010. This project also includes a Healthy Schools Program; find information about this at:

<http://www.healthiergeneration.org/engine/renderpage.asp?pid=s011>

California Project LEAN: www.CaliforniaProjectLean.org

California Project LEAN (Leaders Encouraging Activity and Nutrition) is a joint program of the California Department of Health Services and the Public Health Institute focusing on youth empowerment, policy and environmental change strategies, and community-based solutions. Its mission is to increase healthy eating and physical activity to reduce the prevalence of obesity and chronic diseases.

Game On! The Ultimate Wellness Challenge

http://www.actionforhealthykids.org/special_GameOn.php

This is an all-inclusive, fun and FREE event for 5th-8th grade students, parents, teachers, administrators, and others to celebrate coming back-to-school with a fresh approach. The event integrates nutrition, physical activity and learning through a series of activity stations that will stimulate minds and bodies. Participation by adults and children is rewarded - not performance. Communities and schools across the nation can register to host their own local Game On! event through the Action for Healthy Kids' website.

KaBOOM!: www.kaboom.org

A national nonprofit that develops partnerships with communities and businesses to design and build or restore safe community playgrounds. Since, 1995, KaBOOM! Has built 200 playgrounds in 31 states with the help of 50,000 local volunteers. A proven community-building model that saves money and engages communities in providing young children with health play opportunities.

North Carolina Health Schools: <http://www.nchealthyschools.org>

NC Healthy Schools focuses on improving the health of students and staff by providing coordination and resources in eight component areas of school health. In healthy schools, children are more alert, more focused on learning, and miss less school. They not only learn better, but also learn lifelong healthy behaviors to prevent the leading causes of death in North Carolina: heart disease, stroke, and cancer.

North Carolina: Physical Education is . . . ACTIVE: <http://www.ncpe4me.com>

This web site keeps teacher, coaches, athletic trainers, parents and students informed about physical education, health education athletics and sports medicine in North Carolina and the nation.

Virginia Resources

Running Clubs

Fit for Life program sponsored by the Metropolitan Richmond Sports Backers:

http://sportsbackers.org/kids_challenge.htm : free, incentive-based, incremental mileage training programs aimed at elementary school-aged children in the metro Richmond area; both fall and spring

Hampton Blazers Track and Field Club;

<http://mysite.verizon.net/vzese9mi/blazerstrack/index.html>; practices several days a week; open to ages 5-18; registration fee

Henrico Pacers Track Club-- a non-profit track club in eastern Henrico County for boys and girls 7-16; member of AAU and USATF, registration fee, practice several evenings per week; 338-3032 for more information.

New Kent Kids in Motion: <http://www.newkentinmotion.com/newkentinmotion/>-- aimed at kids aged four through middle school and is sponsored by New Kent County Parks and Recreation. Meets twice a week. Registration fee.

Reston Runners Youth-in-Motion Program:

<http://www.restonrunners.org/programs/yim/YIMinfo.php>

Children meet one hour per week for planned activities. Ages range from 2-14. Registration fee.

Richmond Lightning Track Club: <http://www.richmondlightning.com/>

This club is a member to both USATF and AAU national organizations and is also recognized through Henrico County Parks and Recreation; ages 8-18. May - July. Practice several times per week. Registration fee plus cost of uniform. Competition in three to four track meets, plus state, regional, and national qualifying meets.

Running Kids, www.runningkids.net; not a club, but puts on organized racing events for kids (biathlons, triathlon, and kids running races) in the Richmond metro area.

Team Flash, Williamsburg, VA;

<http://www.leaguelineup.com/welcome.asp?cmenuid=1&url=teamflash&sid=491324311>; for boys and girls ages 8-16; practices two evenings per week; partners with Williamsburg-James City County Recreation Department; Registration plus cost of uniform.

West End Richmond Striders; for more information contact Jim Bracey, 266-8143

Other resources

Fitness centers can provide opportunities for increased physical activity. To access a list of fitness clubs in Virginia by city:

http://www.healthclubdirectory.com/health_clubs/State/United_States/VA/Virginia/

Little League Baseball, <http://www.littleleague.org/>. For a complete listing of all districts and leagues in Virginia, go to

<http://eteamz.active.com/llb/finder/index.cfm?region=3&district=all&state=46>.

Parks and Recreation Departments in many communities offer a variety of programs and services. To locate Local Parks and Recreation Departments that are Agency Members of Virginia Parks & Recreation Association:

http://www.vwc.edu/vrps/home/networks-links/agency_members_local_parks.htm

Special Olympics Virginia, www.specialolympicsva.org; provides year-round sports training and athletic competition in a variety of Olympic-type sports for all children and adults with intellectual disabilities; 1-800-932-GOLD.

USA Track and Field Virginia Association <http://virginia.usatf.org/YouthClubs.htm>

USA Football, www.usafootball.com; For a complete listing of all 65 youth football leagues in the state of Virginia, go to <http://www.usafootball.com/league-locator/league-locator-results.php>.

US Lacrosse, represented by regional chapters throughout the US; Virginia is part of the Middle Atlantic Region, with member chapters in Charlottesville (www.cville-lax.com), Hampton Roads (www.hrlax.com), and the Richmond region (www.uslaxrichmondva.org).

Virginia Amateur Athletic Union Boys and Girls Basketball,

<http://www.vaaaubb.net./nhp4.htm>; for more information, contact Johnny Leach at 540-710-7007 or mail to Virginia AAU, PO Box 1700, Fredericksburg, VA 22408.

Virginia Swimming, www.virginiaswimming.com; for a complete listing of all member clubs in the state, go to <http://www.virginiaswimming.com/Clubs/Clubs%20Roster.htm>.

Virginia Youth Soccer Association, www.vysa.com, over 132,000 registered players from around the state; a non-profit corporation devoted to promoting youth soccer in the Commonwealth of VA, with over 80 member recreational clubs, and 15 member travel clubs. 703-494-0030.

YMCA's, which are located in many Virginia communities, offer a variety of fitness activities and youth sports.

<http://www.vaymca.org/linkspage.shtml>

ADDITIONAL WEBSITES OF INTEREST

- Action for Healthy Kids: This website has many useful resources and is currently promoting "Game On: The Ultimate Wellness Challenge." www.actionforhealthykids.org
- American Academy of Pediatrics: www.aap.org
- American Cancer Society: www.cancer.org
- American Diabetes Association: www.diabetes.org
- American Dietetic Association: www.eatright.org
- American Heart Association: www.americanheart.org
- American Public Health Association: <http://www.apha.org>
- American Red Cross: www.redcross.org
- Centers for Disease Control: www.cdc.gov
- Health Smart Virginia: <http://healthsmartva.pwnet.org>
- Mothers Against Drunk Driving: www.madd.org
- National Coalition for Promoting Physical Activity: <http://www.ncppa.org>
- National PTA: www.pta.org
- PE Central: www.pecentral.org : has helpful information for family fitness night
- PELinks4U: www.pelinks4u.org
- P.E.4 Life: www.pe4life.com
- President's Council on Physical Fitness and Sports: www.fitness.gov
- Virginia Department of Education, Health Education, Physical Education and Driver Education: <http://www.pen.k12.va.us/VDOE/Instruction/PE>
- Virginia Department of Health: www.vdh.virginia.gov
- Virginia Department of Health, Division of Injury and Violence Prevention: <http://www.vahealth.org/civp>

List of Sample Handouts

MyPyramid for Kids Poster

- [PDF of Simplified side](#)
- [PDF of Advanced side](#)

A 2-sided poster of MyPyramid for Kids. One side of the poster, for younger children, highlights a simplified MyPyramid for Kids graphic. The other side, for advanced elementary students, features both the MyPyramid for Kids graphic and healthy eating and physical activity messages. [PDF]

[Tips for Families](#)

A 2-sided MyPyramid for Kids mini-poster with the MyPyramid for Kids graphic on one side and eating and physical activity tips on the other side. [PDF]

[A Close Look at MyPyramid for Kids](#)

A step-by-step explanation of the key concepts of the MyPyramid for Kids symbol. [PDF]

[MyPyramid for Kids Coloring Page](#)

Black and white line art of the MyPyramid for Kids symbol for kids to color. [PDF]

[MyPyramid for Kids Worksheet](#)

Worksheet to help kids track how their food choices match up to the recommendations of MyPyramid. Print out this helpful meal tracking worksheet and set a food and activity goal for tomorrow. [PDF]

[Classroom materials](#)

More MyPyramid for Kids materials for classroom use can be found on the Team Nutrition website. [Click here](#) to link to the Team Nutrition site

Physical Activity Pyramid for Kids:

<http://muextension.missouri.edu/explorepdf/hesguide/foodnut/n00386.pdf>

<http://pubs.cas.psu.edu/freepubs/pdfs/uk076.pdf>

Tips for Kids to Lower Your Risk for Type 2 Diabetes:

http://www.ndep.nih.gov/diabetes/pubs/YouthTips_LowerRisk_Eng.pdf

FAMILY FITNESS NIGHT

2006-2007



INFORMATION PACKET

Provided by the Virginia Healthy Pathways Schools Committee,
with special thanks to Lynne Bennett, Instructional Specialist for
Health and Physical Education in Chesterfield County



PLAN A PTA SPONSORED "FAMILY FITNESS NIGHT" AS A FUN-FILLED SPECIAL EVENT FOR YOUR SCHOOL'S STUDENTS, PARENTS AND STAFF.



Background

Chesterfield County schools have partnered with their PTAs to offer Family Fitness Nights for the past several years. The Virginia Healthy Pathways Schools Committee utilized their format and expanded it to serve as a statewide resource. This manual is intended to serve as a guide for other schools that would like to launch a fitness event or enhance a current program. There are additional examples located on the PE Central website: www.pecentral.org; search "family fitness nights."

Please feel free to contact Lynne Bennett, Instructional Specialist for Health and Physical Education in Chesterfield County at (804) 560-2757 or Lynne_Bennett@ccpsnet.net with questions.

Purpose of Event

The goal of promoting fitness night activities is to increase awareness of the importance of an active, healthy lifestyle for families through a fun-filled event. Families have the opportunity to participate in a variety of activities and obtain educational information. Ideally, this will give the family new ideas and motivate them to increase physical activity on an ongoing basis.

This event also provides a forum for community organizations to come together and combine resources to promote healthy lifestyles for families. Family Fitness Nights work best for elementary and middle schools. Involve school staff and encourage them to attend as they can be excellent role models for students.

Key Planning Steps

1. Start planning early - at least 6 months in advance of your event. Ideally, you can begin planning the summer before the school year.
2. Be sure to get the school principal's commitment.
3. The school's physical education teacher, nurse and PTA president or program chair are key players. Identify a chairperson to oversee the event planning.
4. Check to see if mini-grants are available from the Virginia PTA - <http://www.vapta.org/Health/minigrants.htm>. Applications are usually due early in the school year.
5. Identify all possible community partners and involve them in the planning process.
6. Recruit many PTA volunteers to work on the event.
7. Seek out donations and door prizes from local businesses.
8. Promote the event as a fun family activity (see flyer at end of packet).

Other tips for Success:

1. Decide on a goal or focus for your Family Fun Night.
2. Require that parents attend with children, not drop them off.
3. Find out if there are resources within the school population, such as parents who might be medical professionals, fitness instructors, etc.
4. Consider serving a healthy dinner for a small fee.
5. Sponsor a silent auction during the event; include children's art projects.
6. Take lots of photographs and use them to promote next year's event and/or send to newspapers for an article.
7. Try and get media coverage to publicize the event.
8. Have a wrap up meeting afterwards to evaluate the event and plan for next year.
9. High school students in the national honor society or other service clubs could help plan elementary and middle school events.
10. Include some type of evaluation component, such as number of attendees and a brief feedback form for participants to complete.

FAMILY FITNESS NIGHT" IDEAS

Theme	Examples of Activities
Dance/Rhythmic	Each fifth grade performed a dance (i.e. swing) on stage for parents. Afterwards, parents and students participated in a dance with a DJ playing music.
Fitness stations	<p>Group warm up followed by fitness stations:</p> <ul style="list-style-type: none"> • Muscular Strength (rope climbing, dynabands, pull up bars, arm ladders, peg boards) • Muscular Endurance (rope jumping) • Flexibility (stretching exercises, yoga, karate) • Cardiovascular Endurance (step aerobics, low impact aerobics, pacer activity, TaeBo) <p>Families rotated to six different stations every eight minutes.</p> <p>Group cool down and healthy refreshments. Awards or prizes can be given away at the conclusion. (Reddest Face Award)</p> <p>Student activity demonstrations, safety awareness activities or mini health fair can also be included with such topics as childhood asthma, diabetes, nutrition, bike/scooter safety, etc)</p>
Fitness/Core subject combination	<ul style="list-style-type: none"> • Recommended for upper elementary • Topics such as math concepts or social studies information are integrated with fitness activities. Students answer questions at activity stations. Students can brush up on SOL information and get fit at the same time!! • Drawings for prizes (For example, Social Studies: Williamsburg passes, Virginia maps)
Fun Run	Fun Run organized as a follow up to a family fitness night or as a stand alone event.
Fitness Breakfast	"Big Buddy Breakfast": Parents and students come to school for a morning fitness program and breakfast before the school day begins.
Open house	<ul style="list-style-type: none"> • Parents are invited to attend/ participate in student's PE class during a one-week open house. • Coordinate open house with National Physical Fitness and Sports Month (May) • Activity Pyramid challenge during May for students and parents. • Rewards given
Health Fair/Activity	<p>List of stations include:</p> <ul style="list-style-type: none"> • Health topics (Driver safety, blood pressure and cholesterol screening, fire and police safety, chiropractor, nutritionist, sports medicine, scoliosis screening, vision screenings, orthodontist, dentist, Community Services, American Heart Association information, Virginia Dept. of Health information, etc.)

	<ul style="list-style-type: none"> • Fitness/Sport activities (PE class demonstrations, step aerobics, aerobics, basketball, volleyball, Tai-Chi, kickboxing, karate, etc.) • Crowd pleasers (Climbing wall, sumo-wrestling suits, pedestal jousting, first down station, etc.) <p>Dinner or refreshments can be served during event. Door prizes given throughout the night. <i>*See sample flyer *</i></p>
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"FAMILY FITNESS NIGHT" RESOURCE CONTACTS

Organization	Resources
Parks and Recreation	Displays with parks and recreation materials and give a ways/ activity demonstrations/challenge course info/ nature center specialist
Community Services Board	Display with services and information from Community Services Board
Local health department	Displays on health-related topics, Abstinence Awareness Display, state funded health insurance, immunizations/ screenings for blood pressure, cholesterol, height and weight, vision, hearing, scoliosis
Virginia Department of Health	Display on safety information (bicycle, sports, home, fire, swimming, first aid, violence, etc. Raffle items (pedometers)
American Heart Association	Display on AHA materials (jump and hoops for heart, etc)
American Cancer Society	Display on cancer prevention, tobacco control and skin cancer protection
American Lung Association	Information on asthma and tobacco use prevention
Police Department	Display on a variety of safety topics and contact with child safety officer or resource officer
Challenge Discovery Peak Experiences	Team building programs and onsite facilities
Special event firms	Inflatable games (jousting, slides, etc) sumo wrestling suits, etc.

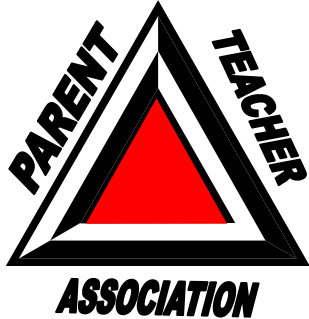
Schools Public Relations	Media promotion for fitness event
Local Golf Courses	Golf activities at schools and onsite facility
Hospitals	May be able to provide health screenings
Physicians, dentists or other healthcare professionals	Health information related to their specialties
Local fitness facilities	Fitness demonstrations
Local grocery stores	Nutrition information and food donations

Matoaca Middle School Health Fair

"It's A Family Affair"


FUN 'n' FITNESS


FUN 'n' FITNESS



Sponsored By
Matoaca Middle School PTA
Delta Sigma Theta Sorority, Inc.
Petersburg Alumnae Chapter



When: March 25, 2006

11:00 AM - 1:00 PM

Where: Matoaca Middle School East

6001 Hickory Road

Matoaca, Virginia

Gymnasium and Cafeteria

COME JOIN US FOR
***HEALTHY FOODS * GAMES * DOOR PRIZES**

JUST COME FOR THE HEALTH OF IT!

CONTACT

Mary Smith - (804) 123-4567